

## WHO IS ELIGIBLE FOR THE PROGRAM?

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The Family Caregiver Support Program (FCSP) provides help to family members, neighbors and friends who care for:

- ◆ *Persons age 60 and older*
- ◆ *Persons with Alzheimer's disease and related disorders regardless of age*

The FCSP also assists grandparents or other related caregivers age 55 and older who care for:

- ◆ *Children under age 19*
- ◆ *Relatives with a disability who are 19 - 59 years of age*

*\*\*Caregiver must be living with care recipient to receive funding.*

## WHAT IS AN AGING & DISABILITY RESOURCE CENTER (ADRC)?

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The ADRC offers the general public a single entry point for information and assistance on issues affecting adults age 60 and older, adults with disabilities, mental illness and substance use disorders and their families and caregivers regardless of income.

ADRCs are welcoming, convenient places for you and your family to get information and access to a wide variety of services. Services can be provided on the telephone, at the Aging & Disability Resource Center or in your home.



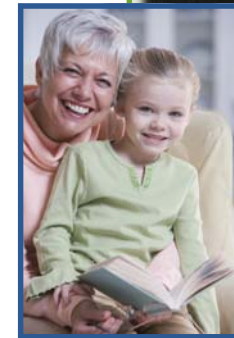
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721 Oxford Avenue - Room 1550  
Eau Claire, WI 54703

715.839.4735  
toll free 888.338.4636  
tty: use Relay (711)

[adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)  
[www.eauclaireadrc.org](http://www.eauclaireadrc.org)

**Monday - Friday**  
8:00 am - 5:00 pm



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## FAMILY CAREGIVER SUPPORT PROGRAM

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helping families

as they care for:

- adults age 60 and older
- adults with disabilities
- children

## WHO IS A CAREGIVER?

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### examples

- ◆ *An 82-year-old man caring for his wife with Alzheimer's disease*
- ◆ *A 65-year-old woman caring for her husband who has suffered a stroke*
- ◆ *A 47-year-old woman caring for her 78-year-old mother with Parkinson's*
- ◆ *A 38-year-old man helping his 92-year-old neighbor down the street with yard work, housework and transportation*
- ◆ *A grandmother caring for her grandchild*

### you're not alone

- ◆ *There are 25 million caregivers in the United States.*
- ◆ *One out of four households nation-wide are involved in caregiving for someone age 50 and older.*
- ◆ *Family members and friends provide over 80% of all home care.*
- ◆ *An estimated 20%-40% of caregivers are raising children while simultaneously caring for older adults.*
- ◆ *Four million children live in a household headed by a grandparent.*

If you're a caregiver, you're not alone. Many people in Eau Claire County face the same challenges, questions and decisions about caring for a loved one.

## ARE YOU A CAREGIVER?

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- ◆ *Do you assist with personal cares such as eating, dressing and bathing?*
- ◆ *Do you help pay bills, manage a bank account and make financial decisions?*
- ◆ *Do you help with household chores such as grocery shopping, transportation, cleaning and laundry?*
- ◆ *Do you help prepare meals?*
- ◆ *Do you provide transportation?*
- ◆ *Do you shop/run errands for an older adult?*
- ◆ *Do you provide emotional assistance?*
- ◆ *Do you make phone calls to remind your spouse, parent, neighbor or friend to take their medication and make sure everything is ok?*
- ◆ *Do you care for your grandchildren or other relatives under 18?*
- ◆ *Does an older adult rely on you to provide unpaid help with day-to-day activities?*

The person you care for may live in your home, in a facility, across town or in another city.

Family and friends who provide care may not always think of themselves as caregivers. But if you're a family member, friend, neighbor or older adult who answers yes to some of these questions, you probably are.

## THE FAMILY CAREGIVER SUPPORT PROGRAM (FCSP)

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### information

Group presentations and public education are offered to help caregivers learn about existing services and resources in their community.

### assistance

Particular caregiving needs are assessed to help identify options and provide referrals to local community-based services.

### training and support

Assistance is given to caregivers in making decisions and solving problems related to their caregiving role. Classes and support groups are available, too.

### respite care services

Funding is available to provide short-term and temporary breaks for the caregiver. These can be provided in the home, adult day care or a facility.

### supplemental services

Some supplemental services are available on a limited basis to complement the care given by the caregiver. Home modifications, adaptive equipment or needed medical supplies are a few of these services.